

1. Program Name: Tech for Moms Dharan

2. Date: 4th June - 5th June 2023

3. Social Media Post(link):

https://www.instagram.com/p/CtwQVINy3BY/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==

https://www.instagram.com/p/Ctx9l6-rLeR/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==

https://www.instagram.com/p/CtyocywyZMC/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==

4. Description

Please describe the program in a short paragraph. Include design, intention and need of the program.

Tech for Moms Dharan was the second iteration of the 'Tech for Moms' program. The program was organized at Dharan 13 Ward Office, Amarahat, Dharan. The workshop was designed to teach adult women about the ways of using and utilizing the internet and digital devices in the safest and most efficient manner. The workshop was a 2-day program of 5 hours each day. A lunch break of 30 minutes was provided at the mid-point. The workshop was designed to support adult women gain more agency over their own digital devices and social media.

5. Activities

Please list/describe activities carried out as a part of the program, if any.

1. We started off with the participant introduction followed by the team introduction.
2. We then conducted a baseline survey to understand the comfort level and knowledge regarding digital tools among the participants.
3. We started off the learning by teaching the differences between internet basics including Wi-Fi, mobile data, and so on.
4. We taught about detecting misinformation and disinformation.
5. Throughout the session, we included energizers like Pictionary.
6. On the second day, we focus on teaching the essentials of TikTok including reporting and blocking along with other tools like Facebook and YouTube.
7. We concluded the workshop by collecting and answering questions and feedback followed by token of appreciation distribution and picture taking.

6. Highlights

What happened that was remarkable about the program? This can be an interesting instance or something to be proud of.

The participants were receptive to responding to the discussion questions that we shared. This allowed for a better atmosphere. Other activities including hands-on practice on their devices and energizers were also well-received.

7. COVID and program

Did the pandemic affect the program in any way? This could be in terms of design or outcome of the program

The program wasn't affected by Covid in any way.

8. Impact

What changes because of the program and why is it important? Does it cover a planned impact and outcome from the proposal?

Based on the feedback collected, we found that many participants found it helpful to have a better grasp of how they are using their devices. They showed commitment to using their own social media more thoughtfully. Their confidence when it comes to digital devices also increased.

9. Quantifiable results/indicators achieved

Please include results that are quantifiable. Eg: Number of people reached, number of participants, things achieved by participants of the program. Also include if any quantifiable indicators from the proposal MEL was achieved.

We were able to reach out to 29 participants.

10. Challenges and lessons

Please include what challenges(limitations/obstacles) you faced and how the program could have handled it better. You can include a recommendation answer to how the challenges could be overcome next time.what the program will do better, does it happen again.

1. Because of lesser connections in the area, we had a harder time managing logistics. We might have to look for more connections or even plan for a potential scope visit if resources allow.
2. The initial time set didn't work for the participants and many wanted to leave earlier because of their commitments. We aren't sure how to manage that.
3. We weren't fully able to assess the level of understanding gained from the program for each of the participants. We hope to have a more streamlined endline survey.
4. The connection provided via mobile data wasn't sufficient. Participant devices will be used for mobile data with them getting reimbursed.

11. Good Practises

What are good practices that the program followed that should be continued next time as well?

1. Collection of video testimonials after the end of the program
2. Energizers to draw back attention
3. The content was more spread out compared to the first edition of Tech for Moms.
4. Partnering up with the local authority made it easier to have the resources we required.

12. Photos and captions that symbolize your work. Please include a caption that describes the image and the impact.

- a. Please upload the photos to the [google form here](#).
- b. Please upload the photo to this document as well along the caption.



Two participants practice their learnings on their digital device.



The group participates in an energizer.



The group poses for a picture with the Safer-I team after the end of the workshop.